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New look NRP cruisers going black and white

Zoning Wainfleet bylaw can't move forward

Probation Cop on payroll after assault

Losing weight
Woman strives to be healthy



INPORTANEWS

THURSDAY, OCTOBER 31, 2013

SERVING PORT COLBORNE . WAINFLEET . SHERKSTON . LOWBANKS . ISSUE NO. 41 VOLUME 17

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AGRICUITURE

Harvesting the rewards DAN DAKIN/TRIBUNE

SARAH FERGUSON InPort News Staff

PELHAM - It's late October and at any one of the dozen or so plots of land he leases, it's not unusual to find Sid Hoover behind the wheel of his John Deere combine at

There's work to be done, so with the massive tractor illuminated by floodlights, Hoover - like many other farmers across the region - must work late into the night.

Running a farming operation is a huge undertaking. From spring until late fall, there's little time for a personal life, But it's "worth it" for Hoover.

"It's a noble operation, providing food," he says. Hoover was born and raised on a farm, so it was a natural fit to carry on the family tradi-

But his farming operation is very different from the traditional family farm run by his father many years ago. Instead of tending to a large plot of land on a family farm. Hoover looks after 600 hectares of leased land situated

across Niagara. Farming is a tough job, and having that much land spread across the region compli-

cates matters, but it's necessary to maintain a sustainable income. Hoover says. "It takes a well-rounded individual. You need to

be a keen driver, operator, mechanic, a businessman and a sensible person." Hoover finds land to lease by word-of-mouth and finds

plots that no one wants. Often, these pieces of property are next to businesses and homes. Many people, Hoover says, don't realize that crops are

harvested, wheat is planted in its place. grown so close to urban areas, but that's the way farming has

shifted over the past 50 years. See FARMING page 2

A John Deere

harvest a field

of soy beans in

Port Colborne

As soon as the soy is

combine

is used to





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Farm machinery targets of vandals

As fall sets in, the workload increases. When the weather is nice and the fields are dry, Hoover takes advantage by tending to as many crops as possible. But, a one-man operation such as Hoover's

needs help from time to time. "I manage most of my work on my own, but someone needs to be operating the combine while I'm hauling grain away," he says. That's why Hoover works corn out of the fields and into On top of tending to his own crops, Wiley does what he calls "custom work," planting, harvesting or maintain-

ing other farmers' crops. He has been working with Hoover for years. "When farmers need help working their land, I help them and they help me in return," Wiley said.

The fourth-generation

also leases land across the region. Like Hoover, he's constantly on the hunt for more land — going as far as posting ads on Kijiji to spread the word. He's hoping one day to have about 400 hectares to

On any given day, Wiley and Hoover may travel as far as Grimsby and Fort Erie with farming equipment in tow to plant and harvest corn, soy

and wheat crops. There are benefits to tendacross the region. On Thursday afternoon, for example, while a light rain fell in some parts of Nlagara - making it impossible to harvest - it was dry and sunny in Dunnville, where the two men could be

found working a soy field. But for every benefit to farming the way Wiley and Hoover do, there are negatives too

There's the time, costs and equipment wear of driving machines long stretches from

constant fear of leaving expensive equipment unattended and vulnerable to vandalism. Someone caused about

farming equipment while it was parked overnight at a piece of land on Sodom Rd. in Stevensville earlier this month. He found 35 holes drilled in the giant tires on his John Deere

combine, the windshield was smashed and six wagons filled with soy beans had been emp-

when you come into their neighbourhood," Wiley says. \$35,000 in damage to Hoover's

The farming community is also shrinking, with many farmers retiring, but Wiley says there's nothing he would rather be doing. The long days and late nights are worth it.

"It just keeps getting bigger and bigger and further and further," he says of his everexpanding farming opera-

sarah.ferguson@sunmedia.ca



Retirement resident fulfils lifelong dream

At 89 years young, Seasons First Avenue resident Art Angell accomplished something he always wanted to do: skydiving. Art was a flight engineer for the Royal Canadian Air Force who completed 40 ops during WWII. He jumped on October 8, which was a cloudy day. Being in the plane and experiencing the air pockets and seeing the dew and clouds reminded him of his time in the war. When asked "why now?" Art answered, "Why now... that's a very good question. It really was something I have been wanting to do and my 90th birthday is coming up so I thought, 'now is the time to do it!". Seasons would like to congratulate Art for realizing his lifelong dream. Thanks for being an excellent example of living life to the fullest, Art!



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LOCALNEWS

POLICING: Switch being made to black and white

NRP cruisers getting a new look

QMI Agency Niagara

ST. CATHARINES - Niagara Regional Police cruisers are going black and white. At a recent police services

board meeting a vehicle was unveiled showing a new logo, chosen overwhelmingly by the NRP's service members from three options.

Fleet supervisor Sam Paterson said in an interview the rebranding will be done to new vehicles as they come into service. It is expected that each NRP district will have at least one

rebranded cruiser by the end of November, with the remainder being phased in over two years. Costs for the options were previously reported to range from about \$8,100 to \$22,500

It is not immediately known where the black-and-white format falls in this range.

tion of brand-new vehicles in our inventory, it's a question of rebranding or decalling them."

Datareon said A police report in August to the board said the NRP has about 122 marked patrol vehicles and 16 unmarked vehicles in service. It also has seven motorcycles and other sup-

port equipment that use police The NRP's colour and decal rily white-and-blue combination since regionalization more than 40 years ago.

Rebranding proposals put to the member's vote included blue-and-white designs with "police" in larger letters

Paterson said he made the rebranding request based in part on "where we were as a service." Those factors included adding new-model cruisers to the force, with updated equipment

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police chief. Those new cruiser models include Ford Interceptors to replace the old Crown Victorias.

General Motors is retiring its Impala as a cruiser, with that replacement to be made known to the NRP likely by March. "It was a question of all of

those new things meaning, 'Let's have a new branding," Paterson He said it's his understanding

the best they've had to any kind of survey, period," About 85% who voted online

selected the black-and-white "A considerable amount of work has been done on this."

NRP Chief Jeff McGuire told the board on Thursday, "It's an ongoing modernization effort.

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INPORTANEWS God knows you need creamers

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■ourview

Senate circus a farcical sideshow

ast week Prime Minister Stephen Harper scored his greatest victory to date with the Canada-EU trade deal. This week he's dragged down into the gutter of Canadian politics by the Senate expense scandal.

Or perhaps he dragged himself down. That's what Sen. Mike Duffy's incendiary allegations against the

prime minister and his office suggest. Bribery. Threats. Extortion. We don't have the space here to weigh in on all the narticulars of the Duffy vs.

PMO spat. Or the details about the other scandalplagued senators. But they're not the issue. The fact that this "he said, he said" nonsense is still

going on is. Let's put things into perspective.

For starters, take everything Duffy says with a grain of salt. It was all said under parliamentary privilege.

Then there's the whole reason senators Duffy. Pamela Wallin and Patrick Brazeau are rising to speak in the first place: the Senate is voting to suspend their pay because the three are under investigation by the RCMP for alleged improper expense claims.

They've come out swinging now to protect their income. Wallin's defence amounted to crying that her colleagues ganged up on her and that the Senate isn't observing due process.

That's because it's not a court. It's a debating chamber. They'll get their day in court - if the RCMP

investigations result in charges. If not, they'll be somewhat vindicated. We say "somewhat because reputations will still be tainted. Canadians feel that even if the

violate the letter of the law, they've violated its spirit. To Canadians, this is about the entitled crying foul about changing perception of their entitlements. And, for that matter, a PMO that at times bears an uncomfortable

resemblance to Animal The real danger here is that all of Parliament is consumed by this sideshow while important business like free trade takes a backseat.

House

If the Harper Conservative government is

derailed over this ongoing gong show, someone like Justin Trudeau could ride a wave of public disgust all the way to the Prime Minister's Office. What a joke that would

be. But the Conservatives would have only themselves to blame. So bring on the due process. Enough with the - Sun Media

embattled senators didn't

events are granted the same status, but funerals and weddings are exempt? The bylaw officer was either stepping over the fine line between poor and good judgment or following instructions by his superiors. The bylaw officer should be retrained or the department rewrite the

will donate to the city coffers, but please

carton of milk or take a few creamersize containers of milk. Would it surprise you to discover that I opted

for the one that snelled favour. I mean free? We took the four miniature tokens of favour to a booth and started fixing up the porridge. Much to my surprise, the

porridge was actually quite moist. I only needed to add the contents of two of the containers Big decision time. What do you do

with the remaining two? Do you toss out tokens of God's favour into the trash receptacles? Of course, not! At my encouragement (or was it command?), Suloiana deftly deposited them

into her handbag. And we went home and put them in the fridge. In all fairness, I did have a slight

theological debate in my brain that night. Was the act of bringing the two containers home a violation of the eighth commandment: "Thou shalt not steal?" Or was it an act of stewardship? I mean, rather than add to the garbage piles of the world, we acted responsibly by using them in a humane way, did we not?

Of course, in the midst of this internal conversation. I could not discount the some. The employee looked at me kinda fact that being of Indian origin, I simply could not resist a freebie! (As proof, I offer the aforementioned incident

where I had no trouble receiving the gift of the free oatmeal).

Once the debate ended in my favour (with yours truly as the moderator), I slept like a baby that night with a very clear conscience.

Fast forward a couple of days. Our Sunday morning breakfast usually consists of cream of wheat porridge, which Sulojana always makes, but she was not home. She was staying overnight at the home of one of our members after being away Friday and Saturday at the Women of Faith Conference in Rochester, NY.

So I decided to make myself a bowl of oatmeal porridge instead in the

As per custom (see above), I went to add milk, only to discover that there was none left. Just as I began to steel myself for the prospect of consuming porridge in this less than moist state, I spied with my little eyes two miniature containers of 2% milk in the fridge screaming: "Come and get us!"

I don't know how you would interpret this incident, but I would like to think that our heavenly Father, who cares for us so deeply that he numbers the hairs on our head knew my need even before I asked for it, and prompted me the Thursday before to bring home those two creamers.

Amen? (or Nay, man?)

PARKING OFFICER WENT TOO FAR The City of Port Colborne bylaw park-

ing officer must have been pleased when he exceeded his ticket quota Friday, Oct.

Morgan's Point and Forks Road East United

". Your Father knows what you need

"And even the very hairs of your head

As we were waiting for our order to be

fulfilled, one of the other workers asked:

meal? We just made it and no one wants

"Would you guys like to take this oat-

it. You can have it for free, otherwise

Oh, did I mention that it was now

8:15 p.m., which was breakfast time in

Malaysia, perhaps, but not in Canada? Regardless, a freebie is a freebie. I

token of favour, especially when it was

meant to say, God's favour is God's

favour. How dare we turn down this

The oatmeal came with a small

supply of raisins and diced apples, as

well as a package of brown sugar. But

I mean, how do you eat oatmeal

porridge without milk? So, I asked for

funny, as if to say: "What do you need

Regardless of his misgivings, he

milk for? This should be moist enough."

before you ask Him." (Matthew 6:8)

are all numbered." (Matthew 10:30)

ning my wife Sulojana and I decided

McDonald's.

we'll just throw it out

they offered no milk.

to use a 2 for 1 cappuccino coupon at

Last month one fine Thursday eve-

churches

While family and friends were mouming and celebrating the life of a loved one at St. Patrick's Church, the officer used almost the entire one-hour service to issue parking tickets to every car adjacent to the church. The anger and displeasure of the mourners wasn't directed at Port Colborne Mayor Vance Badawey and his council, but at the bylaw enforcement department. The mayor and council should be praised for removing parking meters downtown and allowing twohour standing in other areas (creates activity and business in the downtown core)

Canal Days and other city sponsored

manual. The citizens of Port Colhorne displayed respect by allowing the funeral procession to proceed to the cemetery without stoppage at intersections. The same respect should have been offered by the bylaw officer. Those attending the funeral

not through parking tickets at funerals. BARRY THITTIE PORT COLBORNE

RE: COREN COLUMN OCT, 12 Michael Coren's column clearly shows

his intense dislike of Richard Dawkins, but I think he makes a few assumptions that miss reality. He talks of Dawkins' "hatred of God," which cannot be true because one cannot hate something that he doesn't think exists If I asked Coren if he believes that there

is really a tooth fairy and he replied "No." what would be the point of me then asking, "why do you hate the Tooth Fairy?" Dawkins was correctly standing up for

those students at the London School of Economics who were ordered to cover up their 'Jesus and Mo' T-shirts, If you have a look at some of these cartoons online you will see they cleverly point out some of the inconsistencies and contradictions that exist in both Christianity and Islam, and if you read comments on the website you will see that many of the adherents to these religions can laugh at the jokes. I find it very disconcerting that Coren

agrees that "these annoying atheist kids" should cover up because they might offend the Muslim students at the LSE and that "there could be serious violence"

Those of us on opposite sides of the religion debate must stand up for the rights of our opponents to express them-

selves. There was an incident in Nova Scotia last year where a teenager arrived at school wearing a shirt with the message "Life is Wasted Without Jesus." He was ordered to cover the shirt, and while I find the message obnoxious because my life as an atheist is certainly not wasted, I sent a letter to the school principal and the board of education requesting that they allow the boy his freedom of expression. I did not receive a reply.

The Centre for Inquiry in Toronto (a free-thought humanist organization) also went to bat for the young man. I think that Richard Dawkins would likely scoff at the message on the boy's shirt, but I would bet a lot of money that he would not order him to remove the shirt. Coren says he is about to make a shirt with the words "Atheists are Cry-Babies with Double Standards." I'm sure Dawkins would be quite amused.

DAVID FOWLER WAINELEET

WHAT TO BELIEVE

After five years in office and adding over \$6 trillion more in debt, now President Barack Obama has stated that the U.S. has to focus on fiscal responsibility. I guess that it is all George Bush's fault? How can any American believe anything that spews out of President Obama's mouth?

CHARLES OWEN WELLAND

Who names a racehorse Taking Up Space? up the track ladder from losing

spent a fair part of my summer watching thoroughbreds charge around oval tracks in Saratoga Springs and Finger Lakes, N.Y.

I'm writing a book about the Great Zippy Chippy, the New York state racehorse that defied all odds and logic to amass a breathtaking ten-year career of 100 consecutive wins, Sorry, make that 100 losses in a row. No. he never won a race but in fairness, he always meant to.

Zippy Chippy may not have had a really fast pace or a quick dash out of the gate or a powerful drive down the stretch or great stamina in long races or ... wait! What else is there? Oh yeah, that horse could eat his weight in alfalfa.

In doing research for this project I could not help but notice some of the very strange names owners give their steeds. In his career Zippy ran against horses named Two Chums Up, Take Sum Believing We Passem, Shininlikediamonds I'mjumpingjackflash, Sixfeetunder, Makemineagoldmine and Imgonnabitevounow. As far as I can tell Byby Fran's Kitchen and Uncle Johnvscookin never ran in the same race. If Wishes Were Horses sums it up pretty well while Millie Hurry Up makes you kinda sad.

Zippy Chippy somehow managed to lose a race in which DeWitt Be Ouick wasn't, Rockit Man failed to launch and Heaven El Wait will have to. On the other hand he once finished 15

FEELS LIKE THIS ...

Sandy White

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lengths ahead of a horse named Viva La Triomph which ended up dead last. There's actually a governing agency in horse racing that must approve of the owner's choice of name. And so there should be. One guy who didn't like the track announcer named his horse Another Horse so that as the thoroughbreds rushed down the homestretch the call would go out over the PA system: "And Another Horse has taken the lead"

Although Big Tits was rejected by the British censor, it was eventually registered in France where there is no French translation for the phrase. Manchester United soccer star Wayne Rooney once tried to name two of his horses Hoof Hearted and Norfolk Enchants. The censor stopped Rooney in his X-rated tracks.

confusing the hell out of everybody.

And although the same censor caught Ivanna Humpalot before it appeared on the official program, Wear The Fox Hat, Passing Wind and Sofa Can Fast somehow snuck through. Who Gives A Donald was green-lighted but Anita Mandelay got the stop sign.

WOULDN'T IT BE

The trouble with owning and naming

a horse is that any damn fool can do it. Take my nephew David for instance. Having spent a good part of his college days at the races, he and two buddies decided they needed to move

bettors to thoroughbred owners. So they walked into the track's administration office and one day said they wanted to claim a horse. "She looked at us like we were

high on crack," David recalls. But they knew a guy and for cash that guy talked to another guy and \$2,000 later they owned a horse.

See THOMAS page 6







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LOCALNEWS



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You are invited to the first-ever Women's Health & Wellness Expo to be held in the Nagara Region. This one day event features a sensational opeakers series with renowned health experts - presenting information about natural therapies and remedies available to improve your health!

- 10:00 am Sherry Torkos B.Sc. Phm Stress, Weight Gain & Heart Disease; Reversing the Trends
- 11:30 am Dr. Zoltan Rona Reverse Inflammation Naturally
- 1:00 pm Desiree Nielsen RD
 Food for Thought: Is Your Second Brain Optimally Nourished?
- Food for Thought: Is Your Second Brain Optimally Nourished

 2:30 pm Dr. Alvin Pettle Hormonal Balance for Women

Plus there will be demos, free samples, health information and gifts from our many exhibitors - including local natural health practitioners and natural health suppliers. Don't miss it! This is the natural health event of the year. For more info or to get your FREE pass, visit Rosemary's Natural Cholces or call us at 905-714-0586.

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Wemen's Health & Wellness Expo Natural Health Speakers include.











THOMAS

Horses have some strange names

"Yeah, we named him Threeguysonthesauce." (Now you see why the crack was unnecessary.)

So there they were, three kids strutting around the paddock like Kentucky straw-hat dandles and slightly buzzed on beer. "A syndicate of investors" is the title they preferred.

All that was great and the girls were quite impressed until the first \$1,000 vet bill arrived. A sobering experience times three. That's when the horse went off to be a jumper at a show farm and the boys went back to being twodollar bettors.

So Threeguysonthesauce goes into the bin of bad horse names along with Unblessed, Dude Anonymous, Sir Jouncewell, Mecke Mouse and in a belated shout out to The



REUTERS FILE PE

Honeymooner's Balph Kramden
Bangzoomtohemoon.
Somebody should have considered charges against owners
who named their coits Happy
Hooves, Horsemeat Jr., Bag
O'Bones, Born Loser and Horse-

www.williamthomas.ca

Port Colborne

Food Drive

Apples, Three Legs And A Prayer

Saturday, November 2nd, 2013

The Port Colborne Lions will be conducting the yearly Port Colborne Door to Door Food Drive this year on Saturday, November the 2nd. The need is as great as ever, so please give generously! All donations will support the Port Cares Reach Out Food Bank.

Our collection teams begin their routes at 10am. Please have your donations available by then.

We are also accepting cash donations to purchase much needed milk, eggs, meat & fresh produce. We will also be accepting Canadian Tire money donations!

Volunteers are needed! No registration or sign up is required. Please join us at the Christian Life Assembly Church at 484 Barrick Road on Saturday, November the 2nd by 9:30 am Student volunteers will be given full credit towards their CSSD community hours requirements.

Most Needed Items:

Canned Fruit, Canned Meat+Fish, Peanut Butter and Jam, Pasta sauce+Pasta Canned Vegetables, Rice & Side Dishes, Baby Food, Formula, Juice, Baked Beans, Soap, Shampoo, Hyglene Products.

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portcolbornelionsclub.ca



THANK YOU, PORT COLBORNE, FOR YOUR CONTINUED SUPPORT!

LOCALNEWS

Cop gets probation for bar altercation

ST. CATHARINES - A veteran police officer convicted of assaulting a

photographer in Niagara Falls remains on the Niagara Regional Police payroll. Const. Paul Zarafonitis was placed on probation for 12 months after pleading guilty to assault bodily harm stemming from an altercation May 19, 2012, at Kool

Katts Caribbean Restaurant In addition to the criminal matter, he also faces a police disciplinary hearing on a charge of discreditable conduct under the Police Services Act. A date for that hearing has yet to be set, said NRP Const. Rich

Gadreau. Zarafonitis' duties with the NRP were reassigned upon his arrest and remain in effect

Wallenda returns

NIAGARA FALLS — Famed wirewalker Nik Wallenda will speak at the 40th annual Niagara Falls Mayor's Prayer Breakfast Oct.

Wallenda became the first man to walk a wire across the falls in more than a century during a televised event last summer that drew huge ratings. He followed it up by walking across the Grand Canyon this

The breakfast will be at Club Italia, 2525 Montrose Rd., starting at 6:15 a.m. Tickets are \$12.50 each, available at the mayor's office or by phoning 905-356-7521 ext.

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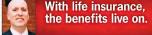


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INPORT NEWS THURSDAY, OCTOBER 31, 2013



ALONG THE LAKESHORE

NOVEMBER 2

PARISH BAZAAR

at St. David's Anglican Church, 369 Thorold Rd., Welland, attic treasures and plants, baked goods and deli foods, books, CDs, puzzles, Tiffany Room. St. David's Coffee Shoo offers chili, soup, sandwiches. etc., 9 a.m. to 1 p.m.

CHRISTMAS BAZAAR

at St. John's Lutheran Church, 3421 Hwy. 3. Bake sale, silent auction, tea table: 10 a.m. to 2 p.m.. Funds to be matched by

Faithlife Financial. FOYER RICHELIEU BAZAAR

takes place at 655 Tanguay Ave., Welland, 9:30 a.m. to 2 p.m. Penny sale, bake sale. tea time and more

MURDER MYSTERY DINNER

presented by Murders Tastefully Executed, at the Croatian National Home, 6 Broadway Ave., Welland. Tickets \$45 each. All proceeds to United Way of South Niagara. This event is hosted by Meals on Wheels Port Colborne. Call 905-835-1581 for tickets

PENNY SALE

at 1557 Pelham St., Fonthill, 10 a.m. to 2 p.m. Lunch 11 a.m. to 1 p.m. Bake table and refreshments available. Penny draw at 2

MODEL RAILROAD ENGINEERS

open house at 1141 Maple St., Fenwick Also on Nov. 3, 16 and 17. Noon to 4:30 p.m. all days. Donations to Greater Niagara Railroad Engineers appreciated. See more at www.gnmre.ca.

CLOTHING SALE

Starts 5 p.m. at Pelham Public Library and ends 1 p.m. Saturday, Sept. 9. All styles and sizes of clothing for men, women and children Donations accented

NIAGARA REFKEEPERS

Association meets at the Niagara Regional Police Service community room, 5 Lincoln St., Welland, at 7 n.m.

NOVEMBER 3 HOLV NAME CATHOLIC

School 50th anniversary celebration. Blessing at 1 p.m. followed by liturgy and open house. Call for information: 905-732-

POINSETTIA FESTIVAL hosted by St. Andrew the Apostle Catholic

Women's League at noon, draws at 2 p.m. Penny and bake tables, coffee and tea. hotdogs, free admission, Proceeds for church maintenance.

NOVEMBER 5

FASHION SHOW

presented by Faith Rebekah Lodge No. 84 at Holy Trinity Anglican Church, 77 Division St., Welland, at 7 p.m. Tickets \$8 by calling 905-357-2036. Fashions by Tan Jay. Prizes, coffee and desserts.

WIDOWS INFORMATION

Network meets in the cafe at Faith Tabernacle (Fitch St. and South Pelham Rd., Welland) 7 p.m. to 9 p.m., doors open at 6:30. Pharmacist Shelby Bruni will share information on your pharmacist's role as part of your health care team. Tea and coffee provided. No

Woodlands of Sunset hosted by Regina Lodge No. 20 Order Sons of Italy, at 7 p.m. Refreshments served with lively Italian music.

NOVEMBER 9 KOUNTRY KRAFT SHOW

at Eastdale Secondary School, 170 Wellington St., Welland, today and Nov. 10, 9 a.m. to 4 p.m. both days. Many unique handcrafted items to choose from. Lunch available. Non-perishable items collected for

contact Mim Gibbons, 905-734-8486

CHRISTMAS BAZAAR

at Knox Church, 335 Fitch St. Welland, 9:30 a.m. to 1 p.m. Baking. deli, iams, baby quilts, crafts and silent auction.

CHRISTMAS BAZAAR

at Rapelie Lodge, 10 a.m. to 1 p.m. Penny sale, draws, bake table, Christmas gift sale, Refreshments available

Resolving the Riddle. Bring your research to Pelham Public Library and let a fresh pair of eyes get you back on track. Steve Fulton and members from the Niagara chapter of the Ontario Genealogical Society will be here to lead this interesting topic. Cost \$3; register ahead. Time 6:30

SOUP AND SANDWICH

luncheon at Central United Church, 12 Young St., Welland, Homemade soup. open-faced sandwiches (egg salad, ham, turkey, salmon), cookies and squares. tea or coffee, Cost \$10 a person, Piano background. Get tickets by calling 905-735-2333

PASTA NIGHT

at Casa Dante, Takeout dinner for \$8 from 3 p.m. to 6:30 p.m. Sauce, meatballs. minestrone soup, and pasta fagioli are also available for takeout. Eat in has been cancelled.

NOVEMBER 13

Join Joe Barkovich, former longtime reporter and city editor at The Tribune as he reads from a compilation of his columns, at Pelham Public Library, His

new book. From a Reporter's Notebook provides an interesting cross section of his many columns. Starts 7 p.m., cost \$3. Register ahead.

ST. AUGUSTINE'S POINSETTIA

tea, 6 p.m. to 10 p.m. at Croatian National Home, 6 Broadway Ave., Welland.

NOVEMBER 16

ATLAS HOTEL DISCO reunion party hosted by Friends of the

Welland Museum at Casa Dante at 8 p.m. with one of the original DJ's from the Atlas Hotel, John Chiocchio, He will spin disco hits from '76 to '83 Tickets \$15 or \$20, at the door and may be bought at Welland Historical Museum. Prizes for best disco costume, best afro or mullet, best disco dancer and best couple dancers who can remember The Hustle

HOMES FOR THE HOLIDAYS Christmas House tour organized by

Fonthill United Church. Six homes and the church beautifully decorated by local designers. Tickets \$20. available at 905-892-6433 (church) and participating designers: Vermeer's Garden Centre and Flower Shop Cox Home Furniture. The Log Cabin Gift Store, Le Village, Décor Amour/ Hometown Treasures, Brian E. Burgess & Associates Interior Design, J&J Floral Expressions, and Floral Dimensions, Tours 10 a.m. to 3 p.m. Ticket price includes refreshments at church.

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charge.

NOVEMBER 6 WELLAND EASTDALE ALUMNI

meet at 7 p.m. in the school library. Meetings are open to all former and present students. Visit www. eastdale alumni.com for info on our upcoming Atlantic City Trip and other fundraising events.

NOVEMBER 7

ITALIAN EVENING

for residents and family at

Hope Centre. tickets go on sale at St. Kevin's

SOUP'SON!

church, before and after the 5 p.m. mass today and 8:30 a.m., 10 a.m. 11:30 a.m. and 5 p.m. masses on Sunday, and weekends following. Soup'sON! is Friday, Jan. 31, in the parish hall with seatings at 11 a.m., noon and 1 p.m. Participants are: Niagara College's Food and Wine Institute, Blessed Trinity, Confederation, Eastdale, Lakeshore Catholic and Notre Dame College School teams, Soups will be announced in early November. Tickets are \$10 a person. For more information on ticket availability.

NOVEMBER 10 OUR LADY OF HUNGARY

Meridian

hosts its 85th church anniversary Luncheon 12:30 p.m. at the Hungarian Hall, Hellems Ave., Welland, Chicken soup, cabbage rolls, breaded chicken, Gypsy steak, roasted potatoes, salad, dessert, coffee/tea. For tickets/ reservations call: Les Ujfalussy at 905-892-6407, Rudy Ragats at 905-734-3880 or Frank Biro at 905-732-7336.

NOVEMBER 12

FAMILY TREES

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Pharmacists

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There has, however, been considerable debate over the idea of vaccination. Many people are still not convinced that vaccines are a good idea despite the fact that every healthcare professional would agree that they are. There are very few risks associated with vaccinations and the side effects are generally mild. They may include:

- FATIGUE
- PAIN, REDNESS, TENDERNESS DR SWELLING AT INJECTION SITE
 HEADACHE
- HEADACHE
- ITCHING AT INJECTION SITE
- NAUSEA
- DIZZINESS DR FAINTING (MDST CDMMDN IN ADDLESCENTS)
- MILD RASH
- More serious side effects from a vaccine may result from an allergy, but these are very rare (less than one in one million doses given). The important message is that there are far greater benefits to immunization than there are risks.

One of the most talked about vaccines in autumn is the fix vaccine. As we approach writer, as it may be present convolves for Fix Section. What better very be present than to get the fix as time to present convolves for Fix Section. What better very be present than the part of the present that the present convolves the present of the present that the present that the present the convolves fix of the present that the present tha

Trained pharmacists are now holding fluid inlies in some pharmacies to increase wareness about the importance of getting immunized and provide greater osse of access to the fluid shot for community members. This year the fluid shot will be offered free of charge at each of the Bogod Family of Pharmacies locations. Come by one of our pharmacies to get your fluid shot in a clean, comfortable, commented settings.

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Union says DSBN unprepared for teacher hiring rule

OMI Agency Niagara ST CATHARINES - A union official has fired back at a school board's

public frustration at new hiring of Niagara board meeting, a parent practices it says are disrupting some

involvement committee urged the quashing of a 2012 provincial rule

At Tuesday's District School Board using seniority as a major hiring fac-

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tor for occasional teaching positions

That regulation applies to all Ontario boards, and means for those long-term positions the top five most senior qualified

teachers must be interviewed for a posi-The top candidate is chosen within that

At issue is that successful candidates still

can apply for more desirable jobs during a posting opening period.

The committee, in a letter sent to the education minister, said that means some classrooms have not had permanent teachers in place for weeks, and this creates a poor

learning situation for students. "The crux of it is that the board was not prepared for an open staffing process," said

Mark Carter, president of the Elementary Teachers' Federation of Ontario, which represents occasional teachers at DSBN. In an interview Wednesday, he said the occasional teachers could previously be

handnicked for positions by principals in a process that was unfair. The only difference is that positions are finally being posted, "so the job-jumping behaviour has an opportunity to emerge

that it never had before. Carter said the changes are widely supported by the occasional teachers across the province. A teacher with years in the classroom is almost certainly going to be better at doing the job than someone right out of school, he says Carter adds the process has meant more transparency, fairness and accountability for this teaching group.

He said to eliminate the revolving-door phenomenon, the board might work with the union to limit the number of times a teacher can switch positions through the

DSBN's human resources superintendent Jim Morgan disputes Carter's comments. He said the previous hiring process was "fairly negotiated ... in a collective agree-

The "revolving door" of teachers didn't happen previously, because the agreement didn't specifically allow for it. Morgan said.

Job vacancies could be dealt with on short notice, in an emergency, without posting. All positions were otherwise filled from a teacher in an occasional list. He said the new regulation does not

allow for restrictions on the teacher job movements, although Carter states that the regulation is neutral on the issue and that other school boards have found solu-Morgan also says restricting the number

of times a teacher can move could be difficult in that it would "disadvantage members on the (occasional list), in limiting them to apply for jobs.

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LOCALNEWS

MUNICIPAL PLANNING: Wainfleet zoning bylaw in holding pattern.

Township needs official plan

WAINFLEET - The township has a new zoning bylaw, but it can't be put into place

until its official plan has been approved, planner Michael Sullivan told council Tuesday night. There's no word on when the official plan will be approved. It was taken to the Ontario Municipal Board earlier this year by the

Ministry of Municipal Affairs and Housing. which states the plan does not meet provincial policy statements. Sullivan was going to check with legal counsel to make sure the dates he set for

the zoning bylaw to come before council are in compliance. He was looking at a date of Nov. 26 to bring it back before council for approval. During Tuesday night's meeting, council

heard from Paul Lowes of Sorensen Gravely Lowes Planning Consultants, the company which worked on the official plan.

"We've been at a standstill since January," said Lowes, adding it was because of the offi-

He said his firm has been working with the zoning bylaw committee and the public to get to the point where it's at now and added there were public meetings and an open house. The public had chances to comment

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changes made in the zoning bylaw, which covers the entire township. He said there was a section on how to read the bylaw, because zoning bylaws aren't the easiest things to

Homes, he said, can't be built within 550 metres of wind turbines, which is the distance the province set out as a setback for turbines from homes. People looking to build within 300 metres of a rail vard will have to have a noise study carried out. There is a large rail yard near Lambert Rd. in the township.

Another change, he said, was along the lakeshore area of the township, which used to be a mix of zoning. It is now all the same zone. "Lot coverage along the lakeshore was

addressed during the process ... it was a big component of the discussion," said Lowes. Lot coverage means a certain area must be set aside to allow for septic systems on a property to handle waste produced in a

With the changes, the zoning bylaw takes into account the average lot coverage in an

area around a home The new zoning bylaw should be before

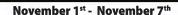
council sometime in November and the deadline for public comments is Nov. 15. A copy of the bylaw can be found at www.wainthroughout the process, he said, and still do.

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PUBLIC NOTICE

NOTICE OF OPEN HOUSE AND PUBLIC MEETING PROPOSED REGIONAL POLICY PLAN AMENDMENT (RPPA 8-2013)

Development Phasing Policies



Wainfleet's Sue Smith, 43, works out in a body sculpting class at the YMCA in Port Colborne. Smith still has 40 lbs. to go before she reaches her ideal weight - a goal she's confident she'll meet thanks to her supportive family, who are all YMCA members and the Y's staff

Striving for the picture of health

InPort News Staff

PORT COLBORNE - A picture is

worth a thousand words And for Sue Smith, her snapshot screamed land and clear

It was while vacationing in Chicago the Wainfleet resident had her photo taken a simple snap of the shutter that changed

"Oh my gosh. What happened?" was

her only reaction as the camera was handed back to her for review That's not what I want to look like. That's not what I want to feel like," she

said this week, reflecting on the pivotal moment when she realized her weight gain had gotten out of control. Determined to make a change, she

and husband Scott took a long, hard look at their diet and, when the Port Colborne YMCA opened at Vale Health and Wellness Centre in February, made a commitment to each other to begin hitting

And they did - hard.

The pair began training four to five days a week, taking on cardio, weights and various classes. We know we needed to break the

cycle. It was the start of a new routine. We knew it was going to be tough but we had to stay committed," Smith said.

It has been eight months. Two weeks ago, when someone handed Smith a camera after snapping a photo at a family wedding, she couldn't

believe her eyes.

"It just blows me away, the difference," said the mother of seven and stepmother of two, who in those eight months has managed to lose 85 lbs.

The 43-year-old has since made it her quest - in between workouts, that is to spread word of the life-changing support available at the YMCA. "I can't speak enough about the Y and

what they mean to me," she said as her voice began to quiver with emotion. "They're like a part of our family."

The Region will be hosting an Open House and Public Meeting to allow residents an opportunity to learn about and provide feedback on

the Region's proposed Development Phasing Policies.

PROPOSED CHANGE

PURPOSE

An amendment to the Regional Policy Plan is being undertaken to provide Region-wide development phasing policies. The Amendment is required to conform with the Growth Plan for the Greater Golden Horseshoe (Places to Grow) and to implement the settlement with the Ministry of Municipal Affairs and Housing (MMAH) and the Region on the appeal of Amendment 2-2009 (Niagara 2031). Development phasing policies will guide future residential and employment development by prioritizing where, and in what order, lands in Niagara will develop to the year 2031 and beyond. The development phasing policies will help to complete the policy framework for managing growth and development in Niagara Region.

HAVE YOUR SAY

Public input on this proposed amendment is welcomed and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Region. If you do not express your views through these avenues, you may be forfeiting your right to appeal Council's decision to the Ontario Municipal Board.

OPEN HOUSE DATE: TIME

This Open House is being held under the provisions of Part III - Official Plans of the Planning Act at the following time and place:

Thursday, Nov. 7, 2013 12 - 2 p.m.

LOCATION: Brock Ballroom @ Four Points by Sheraton 3530 Schmon Parkway

Thorold, ON

PUBLIC MEETING DATE:

This Public Meeting is being held under the provisions of the Planning Act at the following time and place:

Wednesday, Dec. 4, 2013

TIME I p.m. LOCATION: Niagara Region Headquarters -

Temporary Council Chambers, Formally CE 101 & 102

2201 St. David's Rd. Thorold, ON

WRITTEN SUBMISSION

To provide input in writing or to request personal notice if the proposed change is adopted, please send a letter c/o Regional Clerk, Niagara Region, 2201 St. David's Road, P.O. Box 1042, Thorold, Ontario L2V 4T7, or email ianet.pilon@niagararegion.ca.

email brian.dick@niagararegion.ca.

MORE INFORMATION For more information about the proposed Amendment please contact Brian Dick, Senior Planner by phone at 90S-68S-1S71, ext. 336S or by

Information and materials related to this Amendment are available for inspection in the Integrated Community Planning Department at the above address Monday to Friday between 8:30 a.m. - 4:30 p.m. and at www.niagararegion.ca. A copy of the proposed Amendment will be made available on November 7, 2013.

If you require any accommodations for a disability in order to attend and participate in meetings or events, please let us know in advance so that arrangements can be made in a timely manner, Special accessibility accommodations and materials in alternate formats can be arranged by contacting the Niagara Region's Accessibility Advisory Coordinator at 90S-68S-422S ext. 32S2 or accessibility@niagararegion.ca.

LEGAL NOTICE

The Planning Act

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Regional Municipality of Niagara before the proposed official plan amendment is adopted, the person or public body is not entitled to appeal the decision of the

Council of the Regional Municipality of Niagara to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Regional Municipality of Niagara before the proposed official plan amendment is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to add the person or public hody as a party

If you wish to be notified of the adoption of the proposed Policy Plan Amendment, you must make a written request to the Regional Clerk and such request must include the name and address to which such notice should be sent





16



SUE SMITH

Goal is to lose more weig

It was staff that pushed Smith to continue to strive for her goals, driving her past the discouragement she experienced in the first few months.

"I could see some changes in my strength, but the weight was just not coming off," she said

Scott, on the other hand. had immediate results and lost about 30 lbs. in the first six

"I really hated him," she said with a laugh, while admitting it was difficult to watch his weight melt away

It took time, but the results did come, she said. "The hardest part of the whole journey is making that first step. Don't get discour-

aged," she said. It will never be this hard again if you stay this commit-

day off the couch. It's worth it Smith still has 40 lbs. to go

because you're worth it." before she reaches her ideal weight — a goal she's confident she'll meet thanks to her sun-

portive family, who are all YMCA members, and the Y's staff. To give back to the organization, she has begun training to become a fitness instructor.

If I can make one person feel like I feel, feel supported like I do, that's what's important. I want to pay it forward," she said. It's stories like Smith's that

are reflective of the work YMCA staff set out to do every day, said Port centre manager Ben McDermott. lust as she has seen success. so has the centre. It has doubled its projected numbers for the first eight months of operation, welcoming in 2,400 members since February.

Programs, fitness classes and swimming lessons have all seen high enrolment, McDermott said, and the facility is on track to hit its peak 2,900 members in January. "I think there was a real need for a Y in Port Colborne,"

he said, as it provides a onestop shop for families looking to get active and have fun. We're looking forward to meeting more folks in Port Colborne and surrounding areas and talking to them about the benefits of having a

YMCA in the community. marvanne.firth@sunmedia.ca Twitter: @mfirthTribune

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is the protein that makes our bones strong and malleable. If a calcium supplement was the panacea for bone health we would be seeing a reduction in the rates of osteoporosis as women are taking calcium supplements in record numbers. But osteoporosis rates continue to increase. There is clearly more to strong bones than just calcium. Vitamin D3, for example, sesential to calcium absorption. Vitamin K2, meanwhile, guides calcium into bones and locks it in. Without enough vitamin K2, calcium can lodge in places that it is not supposed to, such as in the breasts (calcifications), arteries (hardenin of arteries) and kidneys (kidney stones).

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